

## Household Commodity Fact Sheet

**BEANS, LIGHT RED KIDNEY, DRY**

Date: April 2009

Code: A920

**PRODUCT DESCRIPTION**

- Dry light red kidney beans are U.S. Grade 1.

**PACK/YIELD**

- Light red kidney beans are packed in a 2-pound bag. A 2-pound bag of dry light red kidney beans is about 24 servings (½ cup each) after cooking.

**STORAGE**

- Store dry beans in a cool, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly covered container that is not made from metal or in a plastic bag.
- Store cooked beans in a covered container that is not made from metal and refrigerate. Use within 2 days or freeze.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- Dry beans should be sorted to remove small stones or other objects. Check the beans, a handful at a time, and throw away dirt, small rocks, or beans that are broken, discolored, or shriveled.
- Once sorted, place beans in a strainer and rinse a few times under cold running water.
- Place the beans in a pot and add water to cover the beans. Dry beans will soak up liquid and can double or triple in size, so make sure you add plenty of water. *See back for directions on soaking.*

**USES AND TIPS**

- Cooked light red kidney beans can be used in salads, soups, stews, casseroles, and chili, or as a side dish.

**NUTRITION INFORMATION**

- ½ cup of cooked dry beans counts as 2 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- Light red kidney beans are a healthy vegetarian choice and are fat, cholesterol, and sodium-free.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)
- For more recipes go to: [http://www.fns.usda.gov/fdd/recipes/hp\\_cookbooks.htm](http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm)

**NUTRITION FACTS**

Serving size: ½ cup (86g) cooked light red kidney beans without salt

**Amount Per Serving**

<b>Calories</b>	120	<b>Calories from Fat</b>	5
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**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 6g	<b>32%</b>
Sugars 0g	
<b>Protein</b> 8g	

Vitamin A	0%	Vitamin C	2%
Calcium	4%	Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet.

## OVERNIGHT SOAK METHOD

**Note:** Make sure you use a large enough pot since beans expand to double or triple their size when soaked and cooked.

### 1 CUP DRY BEANS MAKES ABOUT 3 CUPS COOKED BEANS.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Add 3 cups clean water for every 1 cup of dry beans.
4. Bring to a boil, turn the heat down to low, and cook slowly until tender – about 2 hours.
5. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

## Tip

For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

## QUICK SOAK METHOD

(to use beans the same day)

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Bring to boil and boil for 2 minutes.
3. Turn off the heat, cover, and let the beans soak in the water for about an hour. The beans are now ready to use in recipes that call for cooked or canned beans.

*Adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council, Beans4health.com.*

## SOUTHERN RICE AND BEANS

### MAKES 6 SERVINGS

#### Ingredients

- 1 cup light red kidney beans, cooked
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 cup rice, uncooked
- 2 cups water
- 1  $\frac{3}{4}$  cup fresh tomatoes, chopped
- 1 can (about 15 ounces) corn, drained
- $\frac{1}{2}$  jar (about 8 ounces) salsa

#### Directions

1. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
2. Add rice and stir until browned, about 5 minutes.
3. Add water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes.

Nutrition Information for 1 serving of Southern Rice and Beans					
Calories	256	Cholesterol	0 mg	Sugar	6.5 g
Calories from Fat	30	Sodium	473 mg	Protein	8 g
Total Fat	3.4 g	Total Carbohydrate	51 g	Vitamin A	28 RAE
Saturated Fat	0.5 g	Dietary Fiber	6.5 g	Vitamin C	33 mg
				Calcium	54 mg
				Iron	3 mg

*Recipe provided by Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org).*

30-MINUTE CHILI

MAKES 6 SERVINGS

Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 2 cups light red kidney beans, cooked
- 1 can tomato soup, no water added
- 1 tablespoon chili powder (or to taste)
- Hot pepper sauce (to taste, if you like)

Directions

1. In a large skillet, brown the meat for about 10 to 15 minutes.
2. Drain the meat; add onion and cook for 5 minutes.
3. Add kidney beans, soup, and chili powder and heat for 5 minutes. If using hot pepper sauce, add that too.

Nutrition Information for 1 serving for 30-Minute Chili					
Calories	310	Cholesterol	65 mg	Sugar	7 g
Calories from Fat	90	Sodium	350 mg	Protein	28 g
Total Fat	10 g	Total Carbohydrate	26 g	Vitamin A	19 RAE
Saturated Fat	4 g	Dietary Fiber	5 g	Vitamin C	7 mg
				Calcium	43 mg
				Iron	4 mg

Recipe adapted from [Justbeans.com](#).